

# Lilypad

Lilypad is a newsletter of Lotus Place.

Lotus Place is a dedicated support service and resource centre for adults who experienced childhood abuse in an institutional setting.



[www.lotusplace.org.au](http://www.lotusplace.org.au) / Southern Queensland / August 2022 / Issue 32

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## What Groups & Activities Do You Want at Lotus Place?

**Lotus Place is conducting a survey and is seeking your input.**

Lotus Place has held a range of groups and activities over the years including mindfulness, creative writing, art and craft, drama group, dance, literacy support, pamper sessions, guest speakers, forums and information sessions, social gatherings, outings and much more.

The main aim of Lotus Place Groups and Activities is to:

- Provide opportunities for safe Social connections;
- Help foster creativity;
- Provide opportunities to learn new skills;
- Provide Information on health and well-being
- Offer support and resources for self-care and the healing journey.

**The purpose of this survey to get your input to help us ensure Lotus Place Groups and Activities Program stays relevant.**

We want to have activities on offer that are interesting, supportive, fun, what you want, and beneficial to you.

We are keen to hear from you about what has been working well for you. We are also interested in any issues or concerns you may have about the groups and activities at Lotus Place.

Many people have participated over the years. Maybe you have participated in something in the past, really enjoyed it and would like it to be offered again. Perhaps you have ideas you would like to share.

**We invite you to please fill in the enclosed one page Questionnaire and return it in the self addressed envelope provided. Additional comments welcomed.**

If you would prefer to provide your response in person, individual or as part of a small group, you can tick the first box on the form only or contact Lotus Place on 33478500.

## Remembrance Day 2022

**Wednesday Sept 7**

Roof Terrace, Level 4  
Gallery of Modern Art (GoMA)  
South Bank, Q 4101



## Lotus Support Services

Participants wanting to come in to see Redress or Disability Royal Commission staff please make an appointment—3036 4490

### The National Redress Scheme (NRS) - Lotus Team

Micah Projects' Redress Team is continuing to assist people to submit applications to the National Redress Scheme (NRS).

The NRS provides support to people who experienced child sexual abuse in institutions including, but not limited to, foster care, children's homes, youth detention centres, sporting clubs, schools, and religious institutions. To know more about the NRS and your eligibility, or to discuss if the NRS is the right option for you, please phone **3036 4490** 9am to 5pm Monday to Friday or email [redress@micahprojects.org.au](mailto:redress@micahprojects.org.au)

### Disability Royal Commission - Lotus Team

**Share Your Story** You can share your experiences of violence, neglect, abuse, or exploitation with the Disability Royal Commission. This helps us learn more about the problem and how we can help prevent it in the future.

Have you had or know someone with a disability who might have been abused in some way?

Lotus Support Services acknowledges that coming forward to share your experience is a big step. We want to make it as easy as possible.

Please tell us about any support you need. Counselling and support are available to help you. Call Lotus Support Services on **30364490**



## FIND & CONNECT

Heather and Kelyn have been providing the Find and Connect service Monday to Friday since February. They are located in the downstairs office at Lotus Place. Find and Connect Qld supports people who live in Queensland and entered out of home care before 1990 to obtain their care records from any state in Australia. We also help with family research, locating relatives and referrals for counselling. Children and grandchildren of care leavers are also eligible for information and referral.

Access to the service is usually via the Find and Connect website that is updated regularly by a team at the University of Melbourne with information about homes, records, new projects, and issues that affect Forgotten Australians. The Brisbane team responds to about 55

webmail and phone enquiries each month.

Heather specialises in family research and is available at Lotus Place on Mondays and Fridays. Family research requires detailed research in archives and other record sources and can take some time. You are welcome to talk to Heather if you would like your family researched, but please be aware that there may be a wait before your research can commence.

Kelyn is now concentrating on supporting care record applications and locating family members. She is available Tuesdays to Thursdays. COVID-19 restrictions over the last two years have led to delays in all state governments providing records. Queensland is now taking four months to provide records while NSW and Victoria can take up to a year to do their searches.

Contact:: 1800 16 11 09 (Free Call ) or website <https://www.findandconnect.gov.au>



# Wellbeing

If you are struggling, feeling isolated, or just need a little help with something please remember you can reach out to us at Lotus Place. Ph 33478500

Or you can contact:  
**BLUE KNOT HELPLINE**  
1300 657 380

**BEYOND BLUE**  
1300 22 46 36

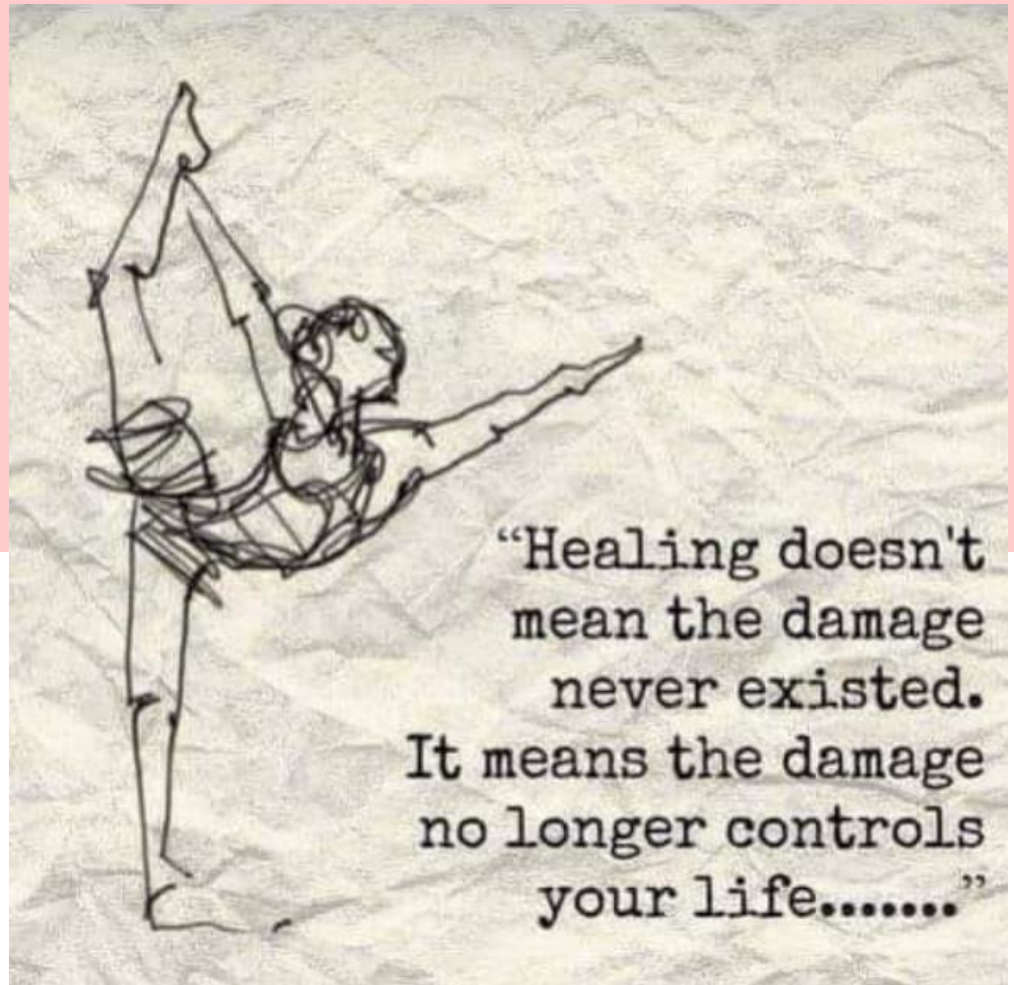
**LIFELINE** 13 11 14

**MENSLINE**  
1300 78 99 78

**1800 RESPECT**  
1800 737 732

**In an Emergency**  
Tripple Zero (000)

Peer Support Group sharing coping skills Group coming soon! Please let us know if you are interested!



## Food glorious food with Anthony

**10am Tuesday 9th August at Lotus**

Why does it seem so hard to eat 'healthy' food?

And why does it seem so hard to stay away from the 'wrong' food? (like ice-cream, lollies, chocolate and chips) What are some tips or tricks that can be used to make eating healthier foods easier?

And what makes a food healthy or unhealthy?

Anthony is a Registered Nutritionist and will be giving a talk.....

He will also talk through a tasty and simple recipe that everyone can cook.



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

# Creative Corner

## A Big Congratulations to Pierre for Graduating in April

Pierre completed his certificate in Liberal Studies with Clemente through Australian Catholic University (ACU).

"It was something I always wanted to do, for my own personal reasons, not so much for a career foundation. ...I never really succeeded at anything you would call 'an education'. My anxiety would beat me up a bit because of the mental disabilities. I wanted to convince myself I could push those boundaries to see where it could take me. ...To prove to myself that I could achieve something, compared to my educational background".

"I left school after three months of grade 9, in 1969. I lived a life, got married, lived on the street, ... I didn't have any direction until getting involved with ARC, leading me to Lotus Place. (One day), this was on offer, it was quietly something I wanted to achieve, so I put my name down to do it and realised it was a really good choice. (With Clemente) not only do you have the lecturer, you have learning teachers that can help you with your notes, and support you. You still do all the assessments" the same as the other University students."

Pierre started with Clemente more than 5 years ago, the first subject was Art. Other subjects included Art History, and Literature from 18th Century. Selected subjects are offered to Clemente students at different times, following ACU curriculum and University semester. Requiring completion of 4 subjects for the certificate. This certificate enables direct entry into the degree program and ACU.

"I did the subjects that gelled for the genre that I was interested in... I have always been interested in the arts, painting, theatre, opera, various classical music... The Arts has always been there and so I waited until certain courses came up and followed them through, of course they were all arty subjects."

"The last subject, I was really glad I did, which was 'Early History Literature', it's something I have always liked. And my writing has improved from when I used to write prose in the early days. It has led me to do a number of short literature courses through Queensland Writers' Centre ...which has also aided me in the direction I want to pursue".

**It is just another step in the chain of personal growth. What you do with it is up to you.**

### Now

"I'm a lot stronger now as far as personal character goes." "Completing this program and the little portfolio of courses I have done has opened up the path for a choice. I could go into studying Creative Writing at University. When you are doing study, it can get quite addictive. Though I felt I didn't really need to do the degree now."

"It has steered me into penning a novel. I have attempted writing a novel in the past but feel what I have learnt has enabled me to get further than ever before. I will just see where it takes me."



### Graduation

"I graduated with 2 other people from Clemente. It was quite exciting to step on stage and get your photo take with the big wig Chancellor and you have that moment of celebrity status. It is something you will always remember."

**You can glow as much as anyone else.**

"The reality of going to the cultural centre and wearing the robe and the hat, and seeing 200 other people there, all with one thing in common, that you are graduating. Having the comfort that some of the staff from Clemente Janine and Mary and other people to cheer you on."

**Part of it is having something to personally congratulate yourself for.**

"I was lucky to be in the right place at the right time. If it wasn't for Lotus Place I wouldn't have found out about Clemente. Lotus has basically given me so much opportunity just as a safe place, and being on the pulse of what's going on and what on offer. From there you can learn to grow and take the opportunities. Like Clemente, Upbeat arts, even Micah's Chef course. If you have a great body of people around you, you know you can lean on them. Whether it be Lotus Place, NDIS, psychologist, or a house cleaner."

**You feel like you are on a conveyor belt to success!**

**Do you have an uplifting or strength story you would like us to share in the Lilypad or on social media?** Perhaps you reached a long term or big goal that you are proud of, or other people have congratulated you for, or you might have had an uplifting experience to share, or something novel or exciting happened! If so, contact Katie at Lotus Place to discuss on 33478500

**Clemente**  
Transforming lives through education

### Grow Your Knowledge

Clemente is a free university program. offered to people who've experienced hardship and would like to improve their skills in a supportive and gentle learning community. We offer a safe learning environment with the support of volunteer learning partners and mentors during the learning journey. There is no cost to

students. HECS fees are waived, lunch and required resources are all provided. Volunteer Learning Partners assist students in all aspects of university including using technology, assessment and accessing online resources. For More Information Contact: Michelle on 0419 502 531 or email [Clemente.Brisbane@svdpqld.org.au](mailto:Clemente.Brisbane@svdpqld.org.au)

Clemente working in Partnership with ACU, Sisters of Mercy, St Vincent de Paul Society, Common Ground Qld, Micah Projects

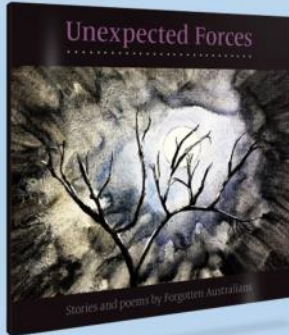


# Creative Corner

## Book Launch

11am Tuesday 20th September, at Lotus Place

Celebrating our talented and inspiring writers and story tellers



### 'Unexpected Forces'

Stories and Poems (and artwork) by Forgotten Australians.

Congratulations and thank you to all the participating writers for their courage in letting their inner storyteller out to play. It is a testimony to their strength and resilience, imaginations, and compassionate hearts.

A reminder to focus on the tiny moments of joy in our lives as a way to begin to feel happier every day. (76 contributors)



### 'Hard As'

My Life as an Orphan Boy, by Bryan Hartas.

Bryan's story is a testament to the human spirit, to a child's love for his mother, and the capacity of the heart to rise and rise again. In memory of Bryan and in honour of all Forgotten Australian, acknowledging all the abuse and harm they suffered while in institutional care. This book will help increase awareness about the mistreatment of children in institutions, who should have been



### AFA 'Life Stories' Project Participants books

The Life Stories Project assists Forgotten Australians to record their story. This story can then be shared with those who are important to the Forgotten Australian...

"Story telling is recognised as an important element in healing. To tell a story suggests that the storyteller has hope. And with hope, there is a future." Caroline Carroll OAM, (Chairperson, Alliance of Forgotten Australians). We invite those who participated in this project to share their achievement and parts of their story if they wish.

### 'The Art of Resilience' Reconciling Histories Art Project Catalogue

A celebration of creativity, 'celebrating how far we have come'. A collection of artwork created by members from Lotus Place North, Central, and South Queensland. Artworks that express resilience and strength, and represent survival from impacts of childhood institutional abuse.

### Showcasing other books written by or with Forgotten Australians

Please get in contact if you would like to showcase your book.  
(Memoirs, Novels, Poetry, Self-help etc).



**Monthly Birthday Celebrations.** On the last Tuesday of the Month we are holding a birthday celebration, with a cake and singing 'Happy Birthday' for all the people who had a birthday during the month. If you want to join in, let us know and come along.



# Creative Corner

Poems and images below from a New Book of stories and poems (and artwork) by Forgotten Australians. 'Unexpected Forces'

## Grateful

by Robyn Ellis | Gold Coast

Her eyes looked beautiful as she gazed into my soul.  
Love and acceptance flowed from Grandma,  
Washing away my pain and anguish.  
Arms outstretched with unconditional love.  
Oh! How I miss her.

The scent of carnations remind me of her, And how  
her face lit up every time I brought them.

Her shining smile made my heart sing with delight.

Her touch washing over my being,

In a moment of joy.



Portrait of fire spirit by Bobby Hodson | Acrylic on Canvas



Free as a Bird, by Joe Murrins, Cyanotype on watercolour paper

## Bird bath

by Kylie Brand | Gympie

Sitting at the table, looking outside.  
It's only a matter of time before the fun begins.  
One, two, Then three and four.  
Five happy birds meet at the bird bath.  
A few drinks and a look around.  
Then – the fun.  
The splashing starts,  
Balls and drops of water fly about.  
Birds coming and going.  
Some just to drink,  
Some to bathe,  
Some both.

Little finches.  
Robins.  
Wrens.  
Honey eaters.  
Doves.  
Willie wagtails  
And 'Loopy' the fantail - one of the regulars.

Feeling good.  
Clean and refreshed.  
And I am happy

**Creative Writing** Session with Edwina at Stones Corner in July. Edwina, Mary, Anthony, Michael, Ken, Gloria, Lana, Bobby, Cecily, & Lyn.



Creative Writing is on  
11am Tuesdays until 30th  
August.

After that, in September  
we will be starting the  
Creative Writing via  
Zoom. Contact Lotus  
Place if you are interest-  
ed - 33478500

# Creative Corner

## Patience' Healing Journey

"Painting is healing me"

"I'm a proud Kuku Yimithiir Murri (Cape York Area) and South Sea Islander, Mother and Nana. I have two children: Ruth and Whanu, and six grandchildren: Meillyn Knala, Juludu, Jowal, Whanita, and twins Nalkaji Mini, and Buyahn. I live in Gubbi Gubbi country (Moreton Bay) and have done, for the past 25 years. This is where most my healing has taken place".

"I have been painting on and off for 30 years and my paintings are all over Brisbane and Moreton Bay region."

**"My painting is healing me for both physical pain and mental pain."**

"I have painted murals in two yoga studios, at the local Shopping Centre, at Planet Fitness and did some panels for Blue Care... When I completed these panels, Blue Care did such a beautiful opening, with bushfoods and a ceremony. I felt so proud and valued. I have also worked at Foot in the Door Training with at risk youth, doing a mural."

"Just after my mum passed away, I went to Switzerland with Original Aboriginal Art company" as an artist in Resident, "painting for a couple of hours a day, they paid for everything: my airfares, accommodation, and spending money. I really enjoyed doing that. It was my first big art experience."

"When my back was sore, I bartered using my artwork in exchange for yoga classes which helped my back feel better."

"I love painting and have always painted, but my brother,



Roy (RIP) has always been the artist in my family and I always looked up to him as I was Proud of his Art."

"My brother Roy died 10 years ago. His painting was hanging up in the hospital for many years. One day I was there and noticed it wasn't hanging up. When I inquired, they said it was in the storeroom and returned it to me... I put it up on my wall. Since then, I have the feeling that Roy is here with me, encouraging me to paint. He is saying 'Come on sis, come and join me'... I started to paint more and feel more confident in my work. I am able to express what comes to me in my own style. Now the hospital has nine of my paintings. I look at all I have done, and I am amazed... Now my goal is to get my work into a gallery. " "I know Roy is with me..."

**Patience will be leading an Art Activity at the Moreton Bay group 15th August.**



**More Than Our Childhoods**

[Home](#) [Project](#) [Life stories](#) [Glossary](#) [Get involved](#) [Support](#) [Contact](#)

[www.morethanourchildhoods.org](http://www.morethanourchildhoods.org)



**You are invited to be part of MORE THAN OUR CHILDHOODS project**



**This project is about demonstrating that Care Leavers themselves have long been able to articulate both problems and solutions they face. It aims to disrupt the 'deviant', 'delinquent' or deficit narratives of Care Leavers with accounts of how Care Leavers have survived and contributed positively to their communities.**

In addition to developing the More Than Our Childhoods biographies, the Care Leaver Activism & Advocacy project will be conducting participatory research. From Deficit Models To Survivor Narratives.

Stories submitted can be in written, audio or video form, or a member of the research team can interview and create a short story from that interview. For more information or to get involved **see website**

Or contact: Dr Dee Michell, E: [dee.michell@adelaide.edu.au](mailto:dee.michell@adelaide.edu.au) ph: 08 8313 3675, University of Adelaide (otherwise contact Lotus Place 33478500).

Dr Dee Michell will be running a workshop on Care Leaver Activism & Advocacy at Lotus Place on September 8th.



# Navigating Support to stay at home



MICAH PROJECTS 

## Aged Care Navigator for Forgotten Australians

Lotus Place is part of a national trial to help Forgotten Australians learn more about Government supported aged-care programs and how to access them.

Olivia Calmers has taken on the role of Lotus Place Aged Care Navigator for Forgotten Australians and she can tell you all about how aged care services work.



Her aim is to let you know about the services available to help you to continue to stay in your own home safely.

Olivia has been working at Lotus Place for the past year as a support and advocacy worker so she understands how frightening the thought of aged care can be for people who were in institutional and out of home care as children. The reassurance and support needed to assist them with the referral process.

### Olivia Calmers

Lotus Place Aged-Care Navigator

3347 8500 or 0436 190 445

[lotusnavigator@micahprojects.org.au](mailto:lotusnavigator@micahprojects.org.au)

**Empower Arts** is a peer run group of Forgotten Australians helping and supporting other Forgotten Australians through various projects to raise awareness and funds to assist members of the community with costs associated with creative endeavours. **New Members always welcome.** If you would like to find out more, contact Colleen via Lotus Place on 3347 8500.



**NEW**

# Community Notice Board

**Peer Support Group—**  
Is anyone interested in being part of a group covering different topics by peers for peers?

**Outings group...**  
We are doing daytime outings as a group once a month. Is anyone interested in joining in.?

**Walking Group**  
Does anyone want to start a walking group?

**CANCELLED**  
MOONLIGHT MAGIC  
DINNER  
DANCE

We are very sad to announce that the Moonlight Magic Dinner Dance is not going ahead this year as planned due to health advise.

**Artwork wanted**  
for selection for 2023 Calendar produced by Empower Arts Group. Contact Katie at Lotus

We are thinking of starting a 10 minute Informal Tai Chi and Mindful Movement some mornings. Let us know if you are interested.

**Empower Arts Desktop Calendar** featuring creativity of Lotus artists are now available for free (for pick up only).

**Forde Foundation**  
SINCE 2000

## You can be prioritised at the public dentist?

The Forde Foundation quarterly grants support to improve the lives of those who were in the care of Queensland institutions or foster care as children. To apply you need to be registered with the Forde Foundation. The grants can provide financial support in the areas of education, employment, health and wellness. If you are interested in applying or would like further information please contact the Lotus Place Office on 07 33478500 - see also [www.fordefoundation.org.au/grants/](http://www.fordefoundation.org.au/grants/)

**Deadlines for the quarterly grant rounds in 2022 -**  
**12<sup>th</sup> August and 21<sup>st</sup> Oct.**

**Contact Lotus Place for more info about any notices pinned on this Board**

## Memorial Board

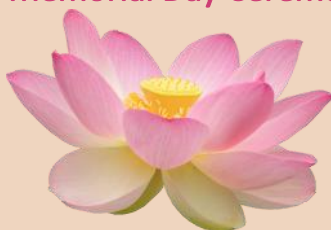
Remembering our deceased  
Queensland Forgotten Australians

**Closing date for names to be added**  
**16 August, 2022**

Nomination Forms  
are available at Lotus Place.

These past couple of year have been tough ones for many of you, losing a brother or sister, a dear friend, or a child. We acknowledge your loss. As our communities population get older we will sadly see more and more people pass away .

### Memorial Day Ceremony Tuesday 6th September



We gather to remember our brothers and sisters who were in care, who are no longer with us - they are not forgotten.

And remembering loved ones who have passed. Community

members come together, to acknowledge each others grief and loss, and be there for each other.

Names can be added to the Memorial board if requested by next of kin or if requested by the person prior to their death.

Do you have an idea or activity your want to share on the **Lilypad Notice board** or the Notice Boar at **Stones Corner**. Phone Katie at Lotus Place to Discuss.

## You'll Always Be Within My Heart

By Debbie Thomson

*So little time together, more years apart.  
Robbed of a descent childhood,  
heartache from the start.  
Separated by circumstances, no chance to have a say.  
Disfunction in 'the family' so, taken separate ways.  
No chance to hardly bond, no time to say goodbyes.  
My brothers you were loved though,  
tears flowed from my eyes.  
Still grieved and missed, every single day.  
A pain buried deep, that never goes away.  
Time spent in childrens' homes,  
now a thing of the past.  
Taken now from life, how long will this pain last?  
I hope you're in a better place, free from wretched pain.  
My face will smile again, when,  
I can 'proudly' say your names.*

This poem was written on behalf of two beautiful brothers who have departed from this life.

# WHAT'S ON

Note:  
Dates May  
change due  
to COVID.

## August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
	Morning Tea Creative Writing 11am		Gold Coast Group Lotus Art Group 1pm	
8	9	10	11	12
Gympie Group	Morning Tea Food glorious food 10am Creative Writing 11am	Ekka Public Holiday	Lotus Art Group – 1pm (Print Making Focus August & September)	
15	16	17	18	19
Moreton Bay Group	Morning Tea Creative Writing 11am		Lotus Art Group – 1pm	
22	23	24	25	26
	Morning Tea/ Bingo Creative Writing 11am		Handmade Crafts & Gifts 10am Lotus Art Group -1pm	
29	30	31		
 Morning Tea/ Bingo August Happy Birthdays Creative Writing 11am			Bookings are essential in case of changes to timetable. Please do not attend if unwell.	

### External Community Programs

<b>With One Voice Brisbane Choir</b>	Wednesday 5.30pm tune into the choir rehearsal live-streamed on the WOVB Facebook page <a href="https://facebook.com/withonevoicebrisbane">https://facebook.com/withonevoicebrisbane</a>   For more info contact <a href="mailto:withonevoicebrisbane@gmail.com">withonevoicebrisbane@gmail.com</a>
<b>Upbeat Arts Free Creative Program</b>	Choirs, Creative Writing, Song Writing, FREE to adults with a mental health diagnosis / marginalised or disadvantaged, fun and educational To find out more please call 0417075053   E <a href="mailto:info.qld@upbeatarts.org.au">info.qld@upbeatarts.org.au</a> or <a href="http://www.upbeatarts.org.au">www.upbeatarts.org.au</a>
<b>Art From The Margins</b>	Photo Group, Mark Making, Art & Craft, [ONLINE], Art Groups, upcycling and more. For more information call 07 3151 6655   <a href="mailto:Eaftm@wmq.org.au">Eaftm@wmq.org.au</a>   <a href="http://www.artfromthemargins.org.au">www.artfromthemargins.org.au</a>
<b>Reclink Connect</b> a free, online and interactive program	Thursdays: Tai Chi, Yoga, Chair Yoga, Dancefit, Zumba. Participants can choose to engage at any level. For more information on please contact: Angela Hopes 0466 535 142   <a href="mailto:angela.hopes@reclink.org">angela.hopes@reclink.org</a>   <a href="http://www.reclink.org">www.reclink.org</a>
<b>Clemente</b> a free university program.	For people who would like to improve their skills in a supportive and gentle learning community. For More Information Contact: Michelle on 0419 502 531 or email <a href="mailto:Clemente.Brisbane@svdpqld.org.au">Clemente.Brisbane@svdpqld.org.au</a>
<b>Fishability QLD Inc's</b>	Enhancing the lives of people who experience socially isolation through their community fishing programs. For more information or bookings contact: Emma 0435 778 510   email <a href="mailto:info@fishabilityqld.org.au">info@fishabilityqld.org.au</a>   <a href="http://www.fishability.com.au">www.fishability.com.au</a>
<b>Inclusive Health &amp; Wellness Hub</b>	Free services such as Chinese acupuncture and remedial massage, and Trauma sensitive Yoga reflecting our commitment to a holistic approach to health. For bookings p 30136050   e <a href="mailto:admin@inclusivehealth.org.au">admin@inclusivehealth.org.au</a>   w <a href="http://inclusivehealth.org.au">inclusivehealth.org.au</a>
<b>Hope Street on Boundary</b>	Weekly Wednesday Community Meal 'Lunch Company', Monthly Open Mic on 4th Tuesday of the Month, Art Classes. Bookings essential p 30297000   e <a href="mailto:thehive@Micahprojects.org.au">thehive@Micahprojects.org.au</a>   contact Lotus Place 33478500
<b>Jane Street Community Garden</b>	Garden plot rentals, general volunteer opportunities and workshops. Weekly working bee 3.30pm Thursdays. Located - 103 Jane Street, West End QLD 4101   <a href="mailto:janest.garden@micahprojects.org.au">janest.garden@micahprojects.org.au</a>   <a href="https://www.facebook.com/janestgarden">www.facebook.com/janestgarden</a>   0417801024



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## September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Bookings are essential in case of changes to timetable. Please do not attend if unwell.			1 Gold Coast Group Lotus Art Group 1pm	2
5	6 Memorial Day Ceremony & Morning Tea	7 CPW Remembrance Day at GOMA	8 Care Leaver Activism & Advocacy 10am Lotus Art Group – 1pm	9
12 Gympie Group	13 Morning Tea 9.30am Food glorious food 10am	14	15 Handmade Crafts & Gifts 10am Lotus Art Group – 1pm	16
19 Moreton Bay Group	20 Morning Tea 9.30am Book Launch – 11am	21	22 Handmade Crafts & Gifts 10am Lotus Art Group -1pm	23
26 	27 Morning Tea/Bingo September Happy Birthdays	28	29 Handmade Crafts & Gifts 10am Lotus Art Group -1pm	30



### Introducing Anthony, our new student on placement at Lotus Place.

Anthony is doing a Masters of Social Work at University of Queensland and is undertaking his final placement. Anthony is also a Registered Nutritionist and undertook a social work degree to broaden his understanding of the difficulties faced when people try and change their eating habits. Anthony loves live music, reading, travel, cooking (and eating!) and lifting weights. Anthony is still unsure exactly where his degree will take him, but he is hoping to combine social work with diet/diabetes awareness in the future.

Anthony will be leading the FOOD GLORIOUS FOOD sessions on the calendar (see also page 3)

## Lotus SQ Region Monthly Meet up Groups

The group meeting is a chance for participants to not only connect with each other but also discuss any supports needs. Refreshments, tea and coffee are provided. This event is open to all Forgotten Australian's and Former Child migrants that live in the region. Further details are provided on the monthly invitation mail out. Please RSVP to ensure we provide enough food for everyone. If you live in the region you will likely be on the invite list. If you have not received invitations in the past, please contact Michelle at Lotus Place (33478500)

<b>Gold Coast Group</b> <i>Thursday</i>	<b>First Thursday of the Month</b> at the Southport Community Centre, 6 Lawson St Southport - Conference Room, level 1.
<b>Gympie Group</b> <i>Monday</i>	<b>Second Monday of the Month</b> at Nelson Reserve (behind swimming pool).
<b>Moreton Bay Group</b> <i>Monday</i>	<b>Third Monday of the Month</b> at The Senior Citizens Club, 24 Hastings Street, Caboolture

# Lotus Open Hours

Monday	Tuesday	Wednesday	Thursday	Friday
9am-3pm	9am – 5pm	12pm-5pm	9am-5pm	9am – 5pm
<p align="center"><b>Due to COVID-19</b>  <b>it is <u>important</u> to confirm before attending Lotus Place</b>  <b>Call during business hours for support, referrals or appointment</b>  Please phone Lotus Place on 3347 8500</p>				
<b>Gympie Group**</b> <i>(2nd Mon of month)</i> 11.30am – 1.30pm  <b>Moreton Bay Group**</b> <i>(3rd Mon of month)</i> 10am - 12pm	<b>Morning Tea</b> 9.30am -11.30am		<b>Gold Coast Group**</b> <i>(1st Thurs of month)</i> 11am – 2pm  <b>Lotus Art Group</b> 1pm-3pm	
<p><b>**held externally;</b>  Up to date information is available on our website <a href="http://www.lotusplace.org.au">www.lotusplace.org.au</a> under '<b>News &amp; Events</b>'</p> <p>For all events and activities listed please book in at Lotus Place on (07) 3347 8500, for planning purposes &amp; in case of changes. PLEASE NOTE: All Activities are <b>Subject to Change</b> due to COVID19 restrictions! Visit <a href="http://www.lotusplace.com.au">www.lotusplace.com.au</a> for Upcoming Event &amp; Information and details on state-wide Forgotten Australians groups and local meet ups.</p>				



The lotus flower has its origins and roots in the muddy waters below the surface, yet above the water is a beautiful resilient flower. After a consultative process the Lotus Flower was chosen as both a metaphor and image to represent the journey from adversity to hope.

46 Cleveland Street, Stones Corner Q 4120  
PO Box 3449 South Brisbane Q 4101  
Phone [07 3347 8500](tel:0733478500) or [1800 16 11 09](tel:1800161109) | Fax [07 3347 8590](tel:0733478590)  
[lotus@micahprojects.org.au](mailto:lotus@micahprojects.org.au) | [www.lotusplace.org.au](http://www.lotusplace.org.au)

Lotus Place is an activity of Micah Projects



MICAH PROJECTS  
Breaking Social Isolation  
Building Community



HISTORICAL ABUSE NETWORK  
FOR PEOPLE WHO EXPERIENCED ABUSE  
IN INSTITUTIONS, FOSTER CARE & DETENTION